

Tuscan Pork Chops

 Dairy Free

READY IN



17 min.

SERVINGS



4

CALORIES



302 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 2 tablespoons capers
- ☐ 0.3 cup chicken broth
- ☐ 0.3 cup flour all-purpose
- ☐ 3 to 4 garlic cloves minced
- ☐ 1 tablespoon olive oil
- ☐ 4 servings garnish: parsley sprigs fresh
- ☐ 0.8 teaspoon seasoned pepper

- ☐ 3 plum tomatoes diced seeded
- ☐ 4 pork chops boneless 1-inch-thick ()
- ☐ 1 teaspoon salt

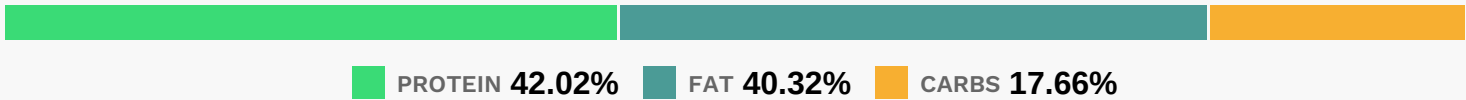
Equipment

- ☐ frying pan

Directions

- ☐ Combine first 3 ingredients in a shallow dish; dredge pork chops in flour mixture.
- ☐ Cook pork chops in hot oil in a large nonstick skillet over medium-high heat 1 to 2 minutes on each side or until golden brown.
- ☐ Remove chops from skillet.
- ☐ Add garlic to skillet, and saut 1 minute.
- ☐ Add vinegar and broth, stirring to loosen particles from bottom of skillet; stir in tomatoes and capers.
- ☐ Return pork chops to skillet; bring sauce to a boil. Cover, reduce heat, and simmer 4 to 5 minutes or until pork is done.
- ☐ Serve pork chops with tomato mixture.
- ☐ Garnish, if desired.
- ☐ *1 tablespoon bottled minced garlic may be substituted.

Nutrition Facts



Properties

Glycemic Index:64.25, Glycemic Load:6.89, Inflammation Score:-7, Nutrition Score:22.654782347057%

Flavonoids

Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 5.36mg, Kaempferol: 5.36mg, Kaempferol: 5.36mg, Kaempferol: 5.36mg Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg Quercetin: 7.22mg, Quercetin: 7.22mg, Quercetin: 7.22mg, Quercetin: 7.22mg

7.22mg, Quercetin: 7.22mg

Nutrients (% of daily need)

Calories: 301.98kcal (15.1%), Fat: 13.1g (20.15%), Saturated Fat: 3.82g (23.85%), Carbohydrates: 12.91g (4.3%), Net Carbohydrates: 11.74g (4.27%), Sugar: 4.58g (5.09%), Cholesterol: 90.17mg (30.06%), Sodium: 839.24mg (36.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.72g (61.44%), Vitamin K: 73.04µg (69.56%), Selenium: 47.47µg (67.82%), Vitamin B1: 0.99mg (65.7%), Vitamin B3: 11.58mg (57.91%), Vitamin B6: 1.05mg (52.35%), Phosphorus: 334.01mg (33.4%), Potassium: 683.63mg (19.53%), Vitamin B2: 0.32mg (18.79%), Zinc: 2.33mg (15.53%), Vitamin C: 12.56mg (15.23%), Vitamin A: 737.83IU (14.76%), Manganese: 0.25mg (12.45%), Magnesium: 48.96mg (12.24%), Vitamin B12: 0.71µg (11.9%), Vitamin B5: 1.09mg (10.87%), Iron: 1.74mg (9.66%), Copper: 0.16mg (7.76%), Folate: 28.4µg (7.1%), Vitamin E: 1.01mg (6.75%), Fiber: 1.17g (4.68%), Vitamin D: 0.54µg (3.57%), Calcium: 34.97mg (3.5%)